

General Practice Training



Boston

General practice provides
flexible, family-friendly
routes to training and
employment



Why General Practice?

If you're thinking seriously about a career in general practice – you could be about to make the best decision in your professional life since going to medical school.

General practice, without a doubt, gives you the broadest clinical opportunities of all the possible medical careers – the widest scope both to do good for your patients and to feed and satisfy your intellectual curiosity about their problems and diseases.

The East Midlands general practice training programmes are the first in the UK to offer 20 months in a general practice setting. Within each locality based programme there are a variety of training units of which you will read more about in this brochure.

You will have one-to-one and small group teaching with both your GP trainer and the key players in the general practice teams, and you will finish your training by passing exams with a broad, international reputation for fairness, consistency and validity.

General practice provides flexible, family-friendly routes to training and employment. Currently, the range of possible working patterns in general practice – self-employed or employed – is greater than for a generation.

Choosing your career and location in which you want to work isn't easy, therefore this brochure will help guide your decision. It provides you with information on the specific programme, the local area (including location maps, leisure, schooling, house prices, health issues) and quotes from current trainees and GPs in the area.

So, are you ready to earn the respect of your patients? Are you ready to contribute to and perhaps lead your team to greater patient benefit and for satisfying, well-rewarded work?

The choice is yours!



Welcome to our programme

I have the privilege of being the programme manager for the smaller and more personal training programme at Boston.

It is my job to help ensure the smooth running of the training rotations and to support all GP trainees during the three years they are with us.

We have an enthusiastic and interactive training programme, giving a unique opportunity in this rural area, with its low cost of living and excellent schools. In order to illustrate the popularity of our programme, I can do no better than repeat the comment from a Dr Romek Wiles, a GP trainee who has recently completed his training at Boston.

I look forward to welcoming you to Boston.

**Avis Staff
Programme Manager**

"I applied to the Boston scheme as I'd had the opportunity to attend some of the VTS teaching sessions during my FY2 GP placement. I found the training was well run with an excellent programme manager and a very knowledgeable group of GP programme directors (and trainers as I was later to find). There were plenty of opportunities to shape the teaching sessions according to need and the sessions were relaxed and friendly. I felt the VTS in Boston prepared me well for the AKT/CSA and life beyond. Also, importantly, there are some very nice practices in the area and the local hospitals give a good exposure to the pathology seen in GP."

Dr Romek Wiles

Why Boston?

Boston is a delightful Lincolnshire Market Town with a population of 64,000, situated at the north-west corner of the Wash. The Boston programme is one of the oldest schemes in the country and offers excellent personal training for general practice. It is a well-established friendly training programme with a high standard of teaching. It has a mixture of urban and rural training practices which allows for a diverse experience of primary care.

Our GP trainees think highly of the programme and many of them have gone on to practise locally on completion of their training:

"I admittedly started my GP training with the Boston VTS with reservations as I had moved from the South of England and didn't know what to expect. I was pleased to find knowledgeable and enthusiastic Programme Directors, a broad and interesting mix of trainees and a friendly team of support staff. The course was varied, with the right amount of focus on the core learning areas. I have absolutely no regrets about moving to Boston and the region as a whole, a lot of opportunities have arisen as a result of my 'emigration' and I cannot foresee how those same opportunities would have come about if I had stayed put in the South. My career, knowledge base and job satisfaction have all benefited from the move. I am glad that I made the decision to move to Boston."

Dr James Thompson

"To be honest, when I applied for GP training, Boston was my second choice. In hindsight I must say I was lucky. The programme was extremely well organised, the group fantastic, the trainers open and approachable. Support to achieve your goals is second to none. Would I make the same choice again? Definitely not, I would make Boston my FIRST choice!"

Dr Marcel Ernst

All Boston trainers are very enthusiastic and their practices are of an exceptional standard:

The programmes comprise of 20 months in general practice posts and 16 months in four of the following hospital specialties:

- Accident and emergency.
- Acute medical unit.
- Cardiology.
- Elderly care.
- Paediatrics.
- Palliative care.
- Obstetrics and gynaecology.
- Adult psychiatry.
- Psychogeriatrics.
- Community Psychiatry.
- Trauma and orthopaedics.

"The Boston programme has an enthusiastic and interactive programme and training is a unique opportunity in this rural area, with low cost of living and excellent schools."

*Dr Stephen Cass
Marisco Medical Practice, Mablethorpe,
current Boston Programme Director and
GP Specialty Trainer*

Rotational hospital posts attached to the programme are based at Pilgrim Hospital, which is a friendly, busy hospital with a pleasant atmosphere and very good facilities. Boston also has a paediatric post at Lincoln County Hospital and a palliative care post at St Barnabas Hospice, Lincoln.

The half-day release seminars are based on a three-year rotating programme and are highly thought of by the GP trainees who find them educationally stimulating.

A full day induction is held each year for the new ST1 trainees to introduce them to all aspects of Eportfolio, workplace based assessments and learning lots and to promote group cohesion. Training is provided for all aspects of the MRCGP, with a very high success rate.

If you have any queries, please contact Avis Staff, Boston GP Specialty Training Programme Manager, on 01205 445340, or email avis.staff@ulh.nhs.uk.

Please also visit the Boston GP specialty training programme website at: www.ulh.nhs.uk/for_staff/education_and_training/gp_training_programme/boston.

What is your challenge?

In Lincolnshire:

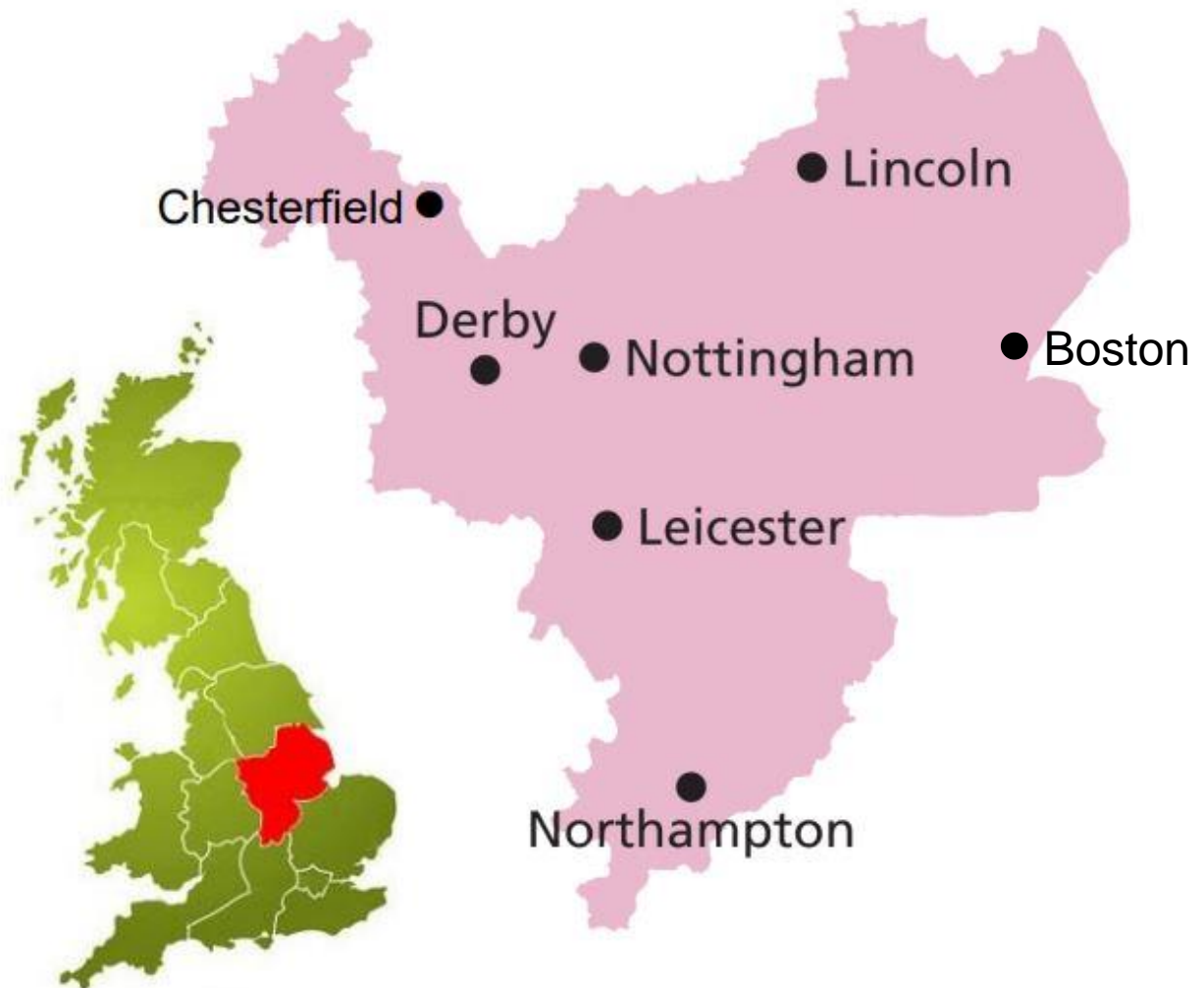
- Due to an increase in life expectancy, a small increase in the birth rate and in migration from other countries, the population of Lincolnshire will grow from 735,000 to approximately 954,000 in the next 18 years.
- Older people make up a larger proportion of the population compared with those aged 20-64. By 2020 there will be 73,000 additional older people in the region, resulting in higher incidences of long term health conditions.
- 30.8% people are obese – 9% higher than the average in England.
- 21% of people in Lincolnshire smoke and smoking in pregnancy is high.
- As the population grows and ages, we'll see higher incidences of long-term health conditions, including stroke, chronic obstructive pulmonary disease and cancers.

Take on the challenge and make a difference.

You could be part of working towards the following goals of the NHS in Lincolnshire:

- Increased life expectancy.
- Fewer deaths from conditions that can be treated.
- More breast cancer screening.
- Increased breast feeding, for longer.
- A reduction in smoking.
- Improved access to mental health services.
- Better care for those who experience strokes.
- Better care for those with diabetes.
- Improved health care and better health, irrespective of social background.
- A better, friendlier experience when receiving NHS care.

How to find us





Plenty to see and do

With endless countryside, a far reaching skyline, great schools, a low crime rate and relatively affordable housing, it is not surprising that local people view Lincolnshire as a great place to live.

The seaside resorts and wildlife of both the Lincolnshire and Norfolk coasts are within easy reach. A large number of our GP trainees go on to work within Lincolnshire. Boston town is approximately 120 miles directly north of London and 32 miles south-east of Lincoln.

The town has good local shopping facilities, a twice-weekly open-air market and excellent sporting, social and cultural activities, including concert venues on the national tour circuit.

The waterways around the borough are renowned for their big catches of coarse fish such as pike, perch and bream. Both the salt and fresh water stretches of the River Witham are popular with boating enthusiasts and there is a busy port.

Moving to the area

Family life in Lincolnshire is more pleasant and less expensive on a national scale (including housing), with good primary and secondary education. For more information about schooling, housing and the local economy, visit www.lincolnshire.gov.uk and www.lincoln.gov.uk.

High-quality accommodation is available to all GP specialty trainees and reduced rental charges may be applicable in certain circumstances when employed by ULHT. Both single and married accommodation is available when in both practice and hospital posts. Visit www.newprogress.co.uk and click on 'ULHT Residents' for photographs and price guides.

We welcome you to **Boston**

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Alternatively visit the Boston GP specialty training programme website at: <https://www.ulh.nhs.uk/jobs/gp-speciality-training-programme/>

About Health Education England

Health Education England (HEE) exists for one reason only: to support the delivery of excellent healthcare and health improvement to the patients and public of England by ensuring that the workforce of today and tomorrow has the right numbers, skills, values and behaviours, at the right time and in the right place.

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Published November 2017